



## **AAOA SUBLINGUAL-SWALLOW DROPS ADMINISTRATION**

Sublingual-Swallow Drops are given orally. If you have any symptoms including swelling or pain, please stop the drops and call the physician's office. Allergenic extracts, like all allergens, may potentially elicit a severe life-threatening systemic reaction.

### **INSTRUCTIONS:**

- Place drops under the tongue. Wait two minutes before swallowing for best absorption.
- Do not eat or drink after any dose for about ten minutes.
- Always store dropper bottles upright with cap securely tightened.
- During build-up, start with Bottle #1 Before reaching day 21, schedule an appointment and **BRING YOUR BOTTLE** into the office where the provider will refill and monitor your first drop of your next bottle for 30 minutes.
- Bottle #5 is your "Maintenance Bottle," it is the maximum tolerated dose. It will contain 3 months of treatment drops. You will take 3 drops daily. Please call 10 days prior to your refill so we can prepare your next "Maintenance Bottle."
- The providers would like to follow up with you after 6 months of treatment.

## **AAOA BUILD UP SCHEDULE**

<b>Bottle #1</b>			Date/ Comments	<b>Bottle #2</b>			Date/ Comments	<b>Bottle #3</b>			Date/ Comments	<b>Bottle #4</b>			Date/ Comments
Day 1	1 drop			Day 1	1 drop			Day 1	1 drop			Day 1	1 drop		
Day 2	1 drop			Day 2	1 drop			Day 2	1 drop			Day 2	1 drop		
Day 3	1 drop			Day 3	1 drop			Day 3	1 drop			Day 3	1 drop		
Day 4	1 drop			Day 4	1 drop			Day 4	1 drop			Day 4	1 drop		
Day 5	1 drop			Day 5	1 drop			Day 5	1 drop			Day 5	1 drop		
Day 6	1 drop			Day 6	1 drop			Day 6	1 drop			Day 6	1 drop		
Day 7	1 drop			Day 7	1 drop			Day 7	1 drop			Day 7	1 drop		
Day 8	2 drops			Day 8	2 drops			Day 8	2 drops			Day 8	2 drops		
Day 9	2 drops			Day 9	2 drops			Day 9	2 drops			Day 9	2 drops		
Day 10	2 drops			Day 10	2 drops			Day 10	2 drops			Day 10	2 drops		
Day 11	2 drops			Day 11	2 drops			Day 11	2 drops			Day 11	2 drops		
Day 12	2 drops			Day 12	2 drops			Day 12	2 drops			Day 12	2 drops		
Day 13	2 drops			Day 13	2 drops			Day 13	2 drops			Day 13	2 drops		
Day 14	2 drops			Day 14	2 drops			Day 14	2 drops			Day 14	2 drops		
Day 15	3 drops			Day 15	3 drops			Day 15	3 drops			Day 15	3 drops		
Day 16	3 drops			Day 16	3 drops			Day 16	3 drops			Day 16	3 drops		
Day 17	3 drops			Day 17	3 drops			Day 17	3 drops			Day 17	3 drops		
Day 18	3 drops			Day 18	3 drops			Day 18	3 drops			Day 18	3 drops		
Day 19	3 drops			Day 19	3 drops			Day 19	3 drops			Day 19	3 drops		
Day 20	3 drops			Day 20	3 drops			Day 20	3 drops			Day 20	3 drops		
Day 21	3 drops			Day 21	3 drops			Day 21	3 drops			Day 21	3 drops		
Bring bottle to office for refill and monitoring of <b>Bottle #2</b>				Bring bottle to office for refill and monitoring of <b>Bottle #3</b>				Bring bottle to office for refill and monitoring of <b>Bottle #4</b>				Bring bottle to office for refill and monitoring of <b>Maintenance Bottle</b>			